

Beef Stew

Meal Components: Vegetable, Vegetable - Red / Orange, Vegetable - Starchy, Vegetable - Other, Meat / Meat Alternate

Main Dishes, D-14

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat	10 lb 4 oz		20 lb 8 oz		1. Brown beef cubes in oil. Drain. Continue to next step immediately.
Vegetable oil		1/2 cup		1 cup	
*Fresh onions, quartered	1 lb		2 lb		2. Add onions, flour, granulated garlic, paprika, pepper, salt, and thyme. Cook 5 minutes.
OR	OR		OR		
Dehydrated onions	1 1/4 oz	2/3 cup	2 1/2 oz	1 1/4 cups	
Enriched all-purpose flour	12 oz	2 3/4 cups	1 lb 8 oz	1 qt 1 1/2 cups	
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 1/2 tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp	

Water or beef stock, non-MSG		1 gal 2 qt		3 gal	3. Add water or stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1 1/2 hours, or until meat is tender. 4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes. CCP: Heat to 165° F or higher at least 15 seconds. 5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. 6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup)
Canned low-sodium sliced carrots, drained	4 lb 6 oz	2 qt 2 cups (1 No. 10 can)	8 lb 12 oz	1 gal 1 qt (2 No. 10 cans)	
Canned small whole potatoes, drained	3 lb 8 oz	1 qt 2 cups (3/4 No. 10 can)	7 lb	3 qt (1 1/2 No. 10 cans)	
Canned low-sodium sliced green peas, drained	3 lb 8 oz	1 qt 2 cups (3/4 No. 10 can)	7 lb	3 qt (1 1/2 No. 10 cans)	

Notes

Comments:
 *See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz

Serving	Yield	Volume
1 cup (8 oz ladle) provides 2 oz equivalent meat, 1/8 cup red/orange vegetable, 1/4 cup starchy vegetable, and 1/8 cup additional vegetable.	50 Servings: about 24 lb 12 oz 100 Servings: about 49 lb 8 oz	50 Servings: about 3 gallons 2 cups 3 medium half-steamtable pans 100 Servings: about 6 gallons 1 quart 6 medium half-steamtable pans